

## Sample Menu

### Companion to Strict Alkaline Food List

1850– 2000 Calories	1500 – 1800 Calories
<b>Breakfast</b>	
<p style="text-align: center;"><b>Chickpea Flour Omelet</b></p> <p>Chickpea flour ½ cup Water 2 tbsp Onions (your desired amount) Green peppers (your desired amount) Arugula .5 cup Shiitake Mushrooms 1 oz Grapeseed oil 1 tbsp Avocado 2 slices (eat on the side) Cucumber slices ½ cup (eat on the side)</p> <p>Prepare omelet with chickpea flour ½ cup and water batter. Fill with sauteed onions, green peppers, chopped arugula, shiitake mushrooms 2 oz, and grapeseed oil 1 tbsp.</p> <p><b>380 Cal</b></p>	<p style="text-align: center;"><b>Quinoa Date Porridge</b></p> <p>Cooked Quinoa 1 cup Chopped dates 3 ea Chopped Brazil Nuts 2 oz Banana 7”</p> <p>Cook quinoa to desired texture. Load with chopped dates, chopped Brazil nuts, and a whole sliced banana.</p> <p><b>900 Cal</b></p>
<b>Lunch</b>	
<p style="text-align: center;"><b>Meatless Burrito Wrap</b></p> <p>Coconut flour 1 cup needed to make tortilla Ground Walnuts 1 cup Dates 2 ea Mushrooms 2 oz Green peppers 2 tbsp Lettuce .5 cup Diced (cucumbers, tomatoes) Tahini Sauce 2 tbsp</p> <p>Purchase or make a Keto coconut flour tortilla. Sauté ground walnuts and add dates, mushrooms, green peppers, and onions. To make wrap fill with diced cucumbers, tomatoes, and lettuce. Season well and make a tahini sauce to drizzle.</p> <p><b>700 Cal</b></p>	<p style="text-align: center;"><b>Grilled Succulent Wrap</b></p> <p>Zucchini ½ of a whole large fruit. Chayote squash 1 small Bell peppers ½ medium Red onions 1 small Ground Flax Seeds 1 cup</p> <p>Cut to your desired size and grill zucchini, chayote squash, peppers, and onions.</p> <p>Prepare a flax seed wrap and load with the gilled produce (mix flax seeds with 1 cup boiling hot water, mix well. Let sit to thicken. Take off a small 2” ball and flatten between two sheets of parchment paper. Brown on each side. Fill with grilled veggies</p> <p><b>280 Cal</b></p>
<b>Dinner</b>	
<p style="text-align: center;"><b>Zucchini Mushroom Stir-fry</b></p> <p>Zucchini ½ cup Arugula and Kale 1 cup Cooked wild rice ½ cup</p> <p>Slice up zucchini stir fried with Arugula and Kale eaten over wild rice</p> <p>2 cup salad greens filled with garbanzo beans, peppers, diced figs, tomatoes, cucumbers, chopped Brazil nuts, avocados, hemp seeds, dulse flakes and other seaweed... Make a nice dressing with tahini and other herbs and spices to drizzle over the salad</p> <p><b>900 Cal</b></p>	<p style="text-align: center;"><b>Spaghetti Squash with Marinara Sauce</b></p> <p>Spaghetti squash ½ ea Roma/Plum tomatoes 2-3 ea Extra Virgin Olive Oil 2-4 tbsp Spices and herbs of your choice</p> <p>Prepare spaghetti squash by boiling or roasting till soft and able to fluff up the strands to look like spaghetti.</p> <p>Prepare fresh tomato sauce with plum tomatoes in the blender and seasoning as you would like. You make have a raw or cooked sauce. Pour over the spaghetti squash when serving on a plate.</p> <p>Increase calories by adding walnut or mushroom homemade meatballs</p> <p><b>186 Cal</b> <b>350 Cal with mushroom or walnuts added</b></p>
<b>Total Calories: 1980</b>	<b>Total Calories: 1530</b>

This is a sample menu to help you put together an alkaline meal based upon the strict alkaline food list. Also, try to eat unprocessed foods. Thus, your meals will be made primarily at home by you to avoid additives, preservatives and basically to know what ingredients are in your food. Get creative with the seasonings and herbs to make your food palatable, eye-pleasing, and enjoyable as well. The caloric values shown take into account the additional seasonings and aromatics that are usually and may be added according to an individual’s possible taste.